Take Action At the Office



Recycle glass, paper, aluminum and plastics.

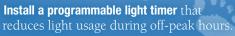
Buy recycled paper products and supplies.



Telecommute if possible.

Turn down the air conditioning.





Install a programmable thermostat and talk to your employer about other ways to save energy at work.



our Çarbon Foot

ips on How to Reduce

Take Action Inside the Home



Get a home energy audit to find out if your home is poorly insulated or energy efficient. Many utility companies offer this service for free. Go to *www.energystar.gov* for more information or contact your local utility company.



Replace a regular incandescent light bulb with a compact fluorescent bulb (CFL). Check for possible rebates from your utility company.

Move your thermostat down 2° in the winter and up 2° in the summer.



Install window shading.

Install a programmable thermostat. You can save 3% of your monthly energy usage.

Look for the Energy Star® label when choosing appliances.

Use less hot water, by installing a low flow showerhead and washing your clothes in cold or warm water, instead of hot water.

Turn off and unplug appliances not in use. Avoid using your appliances during peak hours, from 4pm to 6pm.

Turn down the thermostat on the water heater and wrap your older model with a water heater blanket.

Switch to Green Power. In many areas, you can purchase energy generated by clean, renewable sources such as wind and solar. To find out what is available in your neighborhood, contact the Green Power Network: www.eere.energy.gov/greenpower



Mary Hayashi
Assemblymember, 18th District

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Everyone is talking about Global Warming Take Action Reduce your Carbon Footprint





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Fips on How to

• An Inconvenient Truth - www.climatecrisis.net/takeaction/whatyoucando.

• TIME Magazine, April 9, 2007 (pg. 70-100)



California State Assembly MARY HAYASHI

ASSEMBLYMEMBER, 18TH DISTRICT

Dear Neighbor,

Reducing the effects of global warming and climate change may be the most important issue of this generation. Assembly Bill 32 was signed into law to continue California's fight against climate change. Now, it is time to take action.

Whether you are at home, buying food, on the road or at work, the energy you use in your daily life has an impact on climate change. This is also known as your carbon footprint, the effects of which can be seen almost everywhere: glaciers are melting; warmer seasons are becoming longer; and there are more severe storms and droughts.

Combating global warming may seem like an overwhelming task, but there are many simple tips you can use to reduce your carbon footprint. For instance, did you know that a compact fluorescent light (CFL) bulb uses 60% less energy than a regular bulb and can save you money on your monthly energy bill? Also consider using recycled paper products. It takes 70%-90% less energy to make recycled paper and it helps to save trees.

This brochure provides a variety of tips on how to cut back on the energy you use in your daily life and includes many helpful resources.

For more information on how you can reduce your carbon footprint, please contact the Assembly District Office at (510) 583-8818.

Thank you

Mary Hugudii

Assemblymember, 18th District

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Resources for Action

California Agencies

California Climate Change Portal www.climatechange.ca.gov

California Air Resource Board: Climate Change www.arb.ca.gov/cc/cc.htm

California Climate Action Registry www.climateregistry.org

California Environmental Protection Agency www.calepa.ca.gov

California Energy Commission www.energy.ca.gov

California Public Utilities Commission www.cpuc.ca.gov

Federal Agencies

U.S. Environmental Protection Agency: Climate Change http://epa.gov/climatechange/ index.html

Energy Star (U.S. Environmental Protection Agency & U.S. Dept of Energy) www.energystar.gov

U.S. Department of Energy: Green Power www.eere.energy.gov/greenpower

Organizations

California Federation of Certified Farmers' Markets www.cafarmersmarkets.com

Internat<mark>ional</mark> Council for Local Environmental Initiative www.iclei.org

ICLEI: Government for Sustainability www.iclei.org





Take Action In The Kitchen



Support your local farmer. Buying locally will save fuel and keep money in your community. To find a farmer's market in your area, visit www.cafarmersmarkets.com



Buy fresh foods instead of frozen. Frozen food uses 10 times more energy to produce and deliver.

Avoid heavily packaged products and cut down on your garbage. Give back that extra napkin or sugar packet. Carry the gallon of milk by the handle instead of using a bag.

Buy organic foods. Organic soils capture and store carbon dioxide at much higher levels than soils from conventional farms.

BYOB, Bring Your Own Bag, when you visit the grocery store.

Take Action On the Road



Cut back on driving by walking, biking or taking public transportation.

Start a carpool with your coworkers, classmates or friends.



Reduce

Tips on How to

Keep your car tuned up and your tires properly inflated. Giving your engine a tune-up can improve gas mileage by more than 4%. Replacing a clogged air filter can boost efficiency by 10%. And keeping your tires properly inflated can improve gas mileage by more than 3%.

When purchasing a car, choose a fuel efficient vehicle.

Fly less. Consider whether meetings can be done by teleconference instead of face-to-face.

Travel Green. When going on vacation or on a business trip, take your "green principles" with you.

